

**WILDERNESS FIRST RESPONDER COURSE**

**Sponsored by Nez Perce/Clearwater National Forest and NOLS Wilderness Medicine Institute**

**DATES:** April 5- April 14, 2016

**COST:** Forest Service Employees, Cost of course will be paid by the Nez Perce/Clearwater

**LOCATION:** Grangeville Air Center

**DEADLINE to APPLY:** March 1, 2016

**COURSE DESCRIPTION**

Essential for anyone who spends a significant amount of time in remote places, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. During this fast-paced, engaging course, you will spend half your time outside of the classroom in realistic scenarios, including a full-scale night mock rescue. The nationally recognized NOLS Wilderness Medicine Institute (WMI) curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging, and administering medications.

The rigorous 80-hour curriculum is delivered by dynamic educators who have practiced medicine in both wilderness and urban environments. You will leave this course with the tools and confidence to manage patients in the backcountry for multiple days. This 10-day course is ideal for all professionals operating in remote environments. **WMI Adult and Child CPR & Airway Management certification is included.**

**CLASS FORMAT AND PERSONAL PREPARADNESS**

Check in is at 7:45 am on the first day of the course. Course days run from 8:00 am –5:00 pm, plus two evening sessions. Either Sat/Sun April 9 or 10 will be a day off. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios. **Attendance is required for all scheduled classes.** Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on potentially wet, snowy, and/or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a camp-type chair.

You will need: a large daypack with multiple layers, water bottle, waterproof top and bottoms, sturdy boots, head lamp or flashlight, and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so dress accordingly.

**REGISTRATION/POLICIES**

Speak with your supervisor and with approval, go to the North Idaho Training website and complete a nomination form.

[http://www.nationalfiretraining.net/schedule/list/show/25/filter/dates\\_future%2Aarea\\_nr%2Azone\\_nrni/sort/dates\\_asc/page/1](http://www.nationalfiretraining.net/schedule/list/show/25/filter/dates_future%2Aarea_nr%2Azone_nrni/sort/dates_asc/page/1)

Submit to [Benjaminlthayer@fs.fed.us](mailto:Benjaminlthayer@fs.fed.us) . If we reach the Maximum student class size of 30, forest prioritization will take effect.

Course Material will be supplied (textbooks, syllabus, equipment and certifications.)

If you have any questions let us know.

*\*Please delete this option if it does not apply to your organization.*

**CANCELLATION AND REFUND POLICY**

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, WMI will retain a \$35.00 administrative fee. The remainder of tuition collected to date will be refunded.

## **WMI STUDENT AGREEMENT**

(Including Assumption of Risks and Agreements of Release and Indemnity)

Please download this agreement at [http://www.nols.edu/wmi/pdf/wmi\\_agreement.pdf](http://www.nols.edu/wmi/pdf/wmi_agreement.pdf) and read it carefully as it affects your legal rights. Bring the two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. **WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.**

## **CONTINUING EDUCATION AND COLLEGE CREDIT**

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course.

### **Pre-Course Access to College Credit**

The WFR course is pre-approved for three semester hour credits through Western State Colorado University (WSCU) for an additional cost of \$165. Thirty days prior to the WMI course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from WMI.

### **On-Course Access to College Credit**

The WFR course is pre-approved for three semester hour credits through the University of Utah for an additional cost of \$300. If you are interested in receiving college credit, please inquire with your instructors on the first day of class for the necessary information.

## **TRAVEL AND DIRECTIONS**

*The Course will take place at Grangeville Air Center (GAC) Located across the street from the Supervisors office in Grangeville.*

## **LODGING AND MEALS**

*There are no meals and lodging package available for this course. Here is a list of lodging options and information to assist you in making your own arrangements:*

### **Grangeville Lodging options:**

Gateway motel	208-983-2500
Elkhorn Lodge	208 983-1500
Downtowner Inn	208 983-1110
Super 8 motel	208 983-1002

There are 2 grocery stores and some restaurants in town if students have needs.

## **COURSE POLICIES**

**PETS ARE NOT ALLOWED AT THE COURSE SITE.** This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

## **CONTACT INFORMATION**

Please contact us with any questions or concerns you may have. *Our office hours are Monday to Friday, 9:00am to 5:00pm Pacific Time.*

Phone: 208-983-9573wk  
208-830-1636cell

Email: [Benjaminlthayer@fs.fed.us](mailto:Benjaminlthayer@fs.fed.us)



# NOLS Wilderness Medicine Institute

## Wilderness First Responder Course Schedule

### DAY 1

#### Morning

Introductions: Wilderness vs. Urban  
Patient Assessment System

#### Afternoon

Patient Assessment System  
Documentation

*Readings: Ch 1*

### DAY 2

#### Morning

Spinal Cord Injury  
Lifting and Moving  
Spinal Immobilization & Litter Packaging

#### Afternoon

Chest Injury  
Shock

*Readings: Ch 2, 3, 4*

### DAY 3

#### Morning

Focused Spinal Assessment  
Head Injury

#### Afternoon

Athletic Injury  
Fracture Management

#### Evening

Dislocations

*Readings: Ch 4, 5, 6*

### DAY 4

#### Morning

Wilderness Wound Management

#### Afternoon

Hypothermia, Frostbite and Non-Freezing Cold Injury  
Heat and Hydration

*Readings: Ch 7, 8, 9, 10, 23*

### DAY 5

#### Morning

Altitude Illness  
Bites and Stings

#### Afternoon

Lightning  
Submersion  
Leadership, Teamwork, Communication  
Stress First Aid

*Readings: Ch 11, 12, 13, 14, 26*

Textbook: NOLS Wilderness Medicine 5<sup>th</sup> ed.

### DAY 6-DAY OFF

### DAY 7

#### Morning

Cardiac  
CPR

#### Afternoon

CPR  
Respiratory  
Altered Mental Status

*Readings: Ch 17, 19*

### DAY 8

#### Morning

Acute Abdomen  
Allergies and Anaphylaxis

#### Afternoon

Diabetes  
SAR, Evac and Emergency Plans

#### Evening

Mock Rescue

*Readings: Ch 16, 18, 19, Appendix B*

### DAY 9

#### Morning

Decision-making  
Mental Health  
Urinary and Reproductive

#### Afternoon

Poisoning  
Communicable Disease  
Medical Legal

*Readings: Ch 12, 20, 21, 22, 27, 28, 29*

### DAY 10

#### Morning

Common Problems Wrap-up  
Wilderness Drug and First Aid Kits  
Pain Management in the Wilderness  
Written and Practical Exams

*Readings: Ch 24, 25, Appendix A*

#### Afternoon

Written and Practical Exams  
Closing Ceremony